

Senior Center Staff

Jessica Zink Supervisor, Senior Citizen Activities
CarolAnn LaBarbera Recreation Leader
Sandee Whitman Keyboarding Clerk 1
Rosemarie Hansen, Xiomara Espinal, Jenny Meshriky Drivers
Loren Kutcher Building Maintenance Worker
Office Volunteers: Carmen Sollod

Department of Parks, Recreation, & Community Services

Lou Ann Benson
Director & Municipal Alliance Coordinator
732-247-0922, ext. 475

Important Phone Numbers

Senior Center 732-418-2222 or 732-247-0922, ext. 820
Middlesex County Area Transit (MCAT) 800-221-3520
Municipal Building 732-247-0922
Department of Public Works 732-297-1134
North Brunswick Police 732-545-3200
Emergency 9-1-1

November Senior Sage

North Brunswick Senior Center
15 Linwood Place
732-247-0922, ext. 820 Fax 732-418-3665
Email: jzink@northbrunswicknj.gov
clabarbera@northbrunswicknj.gov
Hours of Operation: 8:30 am– 4 pm

Mayor Francis “Mac” Womack III
Council President Carlo Socio
Councilman Ralph Andrews
Councilman Bob Corbin
Councilman Bob Davis
Councilwoman Amanda Guadagnino
Councilman Sylvester Paladino

Special Events & News

Hunterdon Hills Playhouse presents

Wednesday, December 27th

Depart Senior Center 9:45 am-5 pm

Imagine John Lennon, Elvis Presley, The Beach Boys, Jimmy Buffet, Bruce Springsteen and Paul McCartney all together at the same holiday party! The Mahoney Brothers latest impersonation act, **Rock and Roll Christmas Party**, features all of these legendary acts and more! From Elvis Presley's "Blue Christmas" to Bruce Springsteen's "Santa Claus is Coming to Town," audience members will be singing and dancing in the aisles to the most memorable Christmas songs of the Rock 'n' Roll era.

\$75/person Includes motorcoach transportation,
sit-down luncheon, and show!

Refund Policy:

In accordance to the Department of Parks, Recreation, & Community services policy— all Senior Center trips & activities are **NON-REFUNDABLE**

Please note:

Seating is assigned by the date you pay for the trip. Not when you sign up.

Any events/programs that have a fee/cost must be paid for and signed up for in the office.

Lunch

We provide lunches through a grant from Middlesex County, call for availability. 12 pm– 1pm (unless otherwise marked on calendar).

Condition for Life (C4L)

helps people create balance in their lifestyles so their goals become the natural result of the way they are living. C4L uses fitness as a platform to develop the whole person: Body, Mind and Spirit, realizing the part cannot be well unless the whole is well. Join Michael Cassalle and Michael Rizk for as they kickoff

The Revolution, Creating Health and Happiness from the Inside-Out on

Wednesday, November 8th at 12:30.

During this presentation, they will help you understand how to take Mind-First Approach towards living a vibrant, joyous and happy life which naturally leads to health.

The course runs on the following dates:

12:30 pm- 1:45 pm

Wednesday, November 22nd

Wednesday, November 29th

Tuesday, December 5th

Tuesday, December 12th

Tuesday, December 19th

Light lunch will be served at 12 pm

\$3/ each session.

Municipal Alliance Senior Outreach Program

Drug & Alcohol Abuse has touched everyone's life at some point, and this educational series will touch on a variety of different topics regarding addiction.

Tuesdays 12:30 pm-2:30 pm

Lunch will be served

11/14 Steve Blake Recovery Center,
Carrier Clinic

11/21 Doug Collier, DEA Special Agent
11/28 Helen Varvi – Wellspring
Prevention

Club Corner

Please note: You can be a member of either the Pioneers or the North Brunswick Club.

AARP Chapter #3885: This chapter started in 1986 and only those who are members of the national AARP are eligible to join this chapter. The chapter's main emphasis is on community service. Dues are \$10/year per person. A schedule of meeting and activities is as follows:

- Membership meetings– 1st Monday of every month at 12:30 pm.
- Socials (bingo)- 3rd Monday of every month at 12:30 pm.

For further information about the chapter contact Marion Pingatore 732-545-6761.

Pioneers: Our motto is "teamwork and friendship," make new friends, but keep the old. Everyone in their Golden Years (55 and older) are welcome. Try your luck at Bingo on the 2nd & 4th Wednesday. Celebrate in style at all our holiday luncheons. Bring your ideas to our meetings on the 1st & 3rd Wednesday of the month. Now for the best news, our annual membership is only \$5.00 a year. We finish the year with our Christmas luncheon, held at one of our local restaurants. Contact John Pingatore 732-545-6761 for more information.

North Brunswick Club (NBC): We meet every Thursday– We have Social (Bingo) every Thursday, and the third Thursday is our regular meeting and executive board meeting. We celebrate our members birthdays at the first meeting of the month. We also have a party at least once a month, such as Valentine's Day, St. Patrick's Day, etc. (there is a charge).

Our membership is open, so won't you consider joining our club on our **meeting day**? It's great to get together for a couple of hours a week to be amongst your peers for some talking, laughing, and sometimes singing. We would love to have you. We are a very gracious and understanding group of Senior Citizens. Thank you, Blanche Charlton, President– 732-348-8822.

Friends of the Senior Center: The Friends were formed to promote the Senior Center as a focus of activities, programs, and services for all senior citizens of North Brunswick. They meet once a month and discuss upcoming events, trips, issues, and services at the Senior Center. The Friends contribute towards activities by providing entertainment, transportation, decorations, supplies, and many items to enhance the Senior Center. Pat Murphy, President 732-821-5980.

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:30– Line Dancing 10:30– Chair Yoga 1– Pioneers Meeting	2 9- Wood Carvers 9:30–Zumba 10– Healthy Bones 11:15-11:45 Strength & Cardio 12:30– NBC Open Bingo	3 10—Exercise w/Donna 11:15- POUND w/Cynthia 12– Rutgers Senior Health POWER HOUR 3 stations– Nutrition, Home Exercises, and Balance Test	4
5	6 9:30– Chair Yoga 10– Mah Jongg 11-12 Diabetes Seminar 10:20 —Zumba 12:30– AARP Meeting	7 <u>Center Closed</u> <u>Election Day</u>	8) 8:45 am-5 pm SANDS Casino Trip 9:30– Line Dancing 10:30– Chair Yoga 12- Condition 4 Life KICK OFF EVENT & Lunch! \$3/person	9 9- Wood Carvers 9:30–Zumba 10– Healthy Bones 11:15-11:45 Strength & Cardio 12:30– NBC Open Bingo	10 <u>Center Closed</u> <u>Veterans Day (observed)</u>	11
12	13) 9:30– Chair Yoga 10– Mah Jongg 10:20 —Zumba 1:30– AARP Crochet Club 11:30– St. Peter’s Fall Prevention Seminar followed by lunch \$2	14) 9:30– Delicious Orchards (no senior walkers) 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 11:45– AARP Coupon Clipping 12:30– Municipal Alliance—Blake Recovery Center-Carrier Clinic	15 9:30– Line Dancing 10– Friends Meeting 10:30– Chair Yoga 12:30– Pioneers Tribute to Veterans	16 9- Wood Carvers 9:30—Zumba 10– Healthy Bones 11:15-11:45 Strength & Cardio 12– NBC Board Meeting 12:30– NBC Meeting 1– NBC Open Bingo	17 10—Exercise w/Donna 11:15- POUND w/Cynthia	18 VENDOR FAIR 9 am– 2 pm
19	20 9:30—Chair Yoga 10– Mah Jongg 10:20 —Zumba 11-12 Diabetes Seminar 12:30– AARP Open Bingo	21) 9:30– Senior Walkers 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12:30– Municipal Alliance Doug Collier, DEA Special Agent Free program & Lunch	22 9:30– Line Dancing 10:30– Chair Yoga 12- CONDITION 4 LIFE Lunch & Program	23 <u>THANKSGIVING</u> <u>Center Closed</u>	24 <u>Center Closed</u>	25
26	27 9:30– Chair Yoga 10– Mah Jongg 10:20 —Zumba 10– Christmas Tree Shop 11-12 Diabetes Seminar 1:30– AARP Crochet Club	28) 9:30– Senior Walkers 9:30—Healthy Bones 10:30—Fall Prevention 11:15-11:45— Mat Yoga 12:30– Municipal Alliance Wellspring Presentation Free program & Lunch	29 9:30– Line Dancing 10:30– Chair Yoga 12- CONDITION 4 LIFE Lunch & Program	30 9- Wood Carvers 9:30—Zumba 10– Healthy Bones 11:15-11:45 Strength & Cardio 12:30– NBC Open Bingo		

Transportation Information



You must PRE-REGISTER and receive a TRANSPORTATION ID CARD in order to use the North Brunswick Township Transportation Services.

***Contact the office to set up an appointment.
Upon registration and pre-qualification you will receive a list of Township Approved Cab Companies to use for APPROVED services.***

1. Each North Brunswick Township senior age 62 & over (or grandfathered in to the services due to previous use) will complete a passenger data sheet. You will be provided with a photo ID that must be used at all times while using the **North Brunswick Cabs**.
2. Review uses of **approved** transportation services.
3. Refer to the details of the North Brunswick Township ordinance.
4. Review the receipt that will be issued to you.
5. Cabs will be **\$1.50 EACH WAY** within North Brunswick using North Brunswick Cabs with the exception of trips to the North Brunswick Senior Center, trips to the Senior Center will be 75 cents each way.
6. Cabs originating in North Brunswick are permitted for **MEDICAL TRIPS ONLY**, going outside of the Township limits in any direction (up to 10 miles in total travel per one way trip) will be **\$2.50 EACH WAY**.
7. Each person being transported as a single client **must receive and keep your receipt**.
The resident will no longer be required to call 24 hours in advance- instead you can call the same day from any of the **North Brunswick Cabs** on the list provided. Each trip will be considered a one-way trip.

Programs & Trips

Register for trips at the Senior Center

Return Times are Approximate. Please make sure to have proper photo ID on trips.

EXERCISE PROGRAMS!

Mondays

9:30-10 am Chair Yoga with Jaclyn
10:20-10:50 am ZUMBA

Tuesdays

9:30 am– Senior Walkers
(sign up at DPRCS office)
9:30 am Healthy Bones
10:30 am–Fall Prevention Exercise Class
11:15 –11:45 am Mat Yoga w/Jaclyn (for seniors who are comfortable using the mat on the floor)

Wednesdays

9:30 am– Line Dancing
10:30- 11:15 am Chair Yoga with Donna

Thursdays

9:30 am– Zumba
10 am– Healthy Bones
11:15 am-11:45 am Strength & Cardio with Jaclyn Bring light weights if you have them!

Fridays

10 am– Exercise with Donna
POUND
11:15 am-11:45 am

Trip to Sands Casino

Wednesday
November 8th
8:45 am– 5 pm

\$35/person

\$20 slot pay
\$5 Food Voucher

Trip Leaves Senior Center
15 Linwood Place

Stop in to register
Questions?
Call: 732-418-2222

Minibus Trips

\$1/person

9:30 am Tuesday, November 14th
Delicious Orchards

10 am Christmas Tree Shops